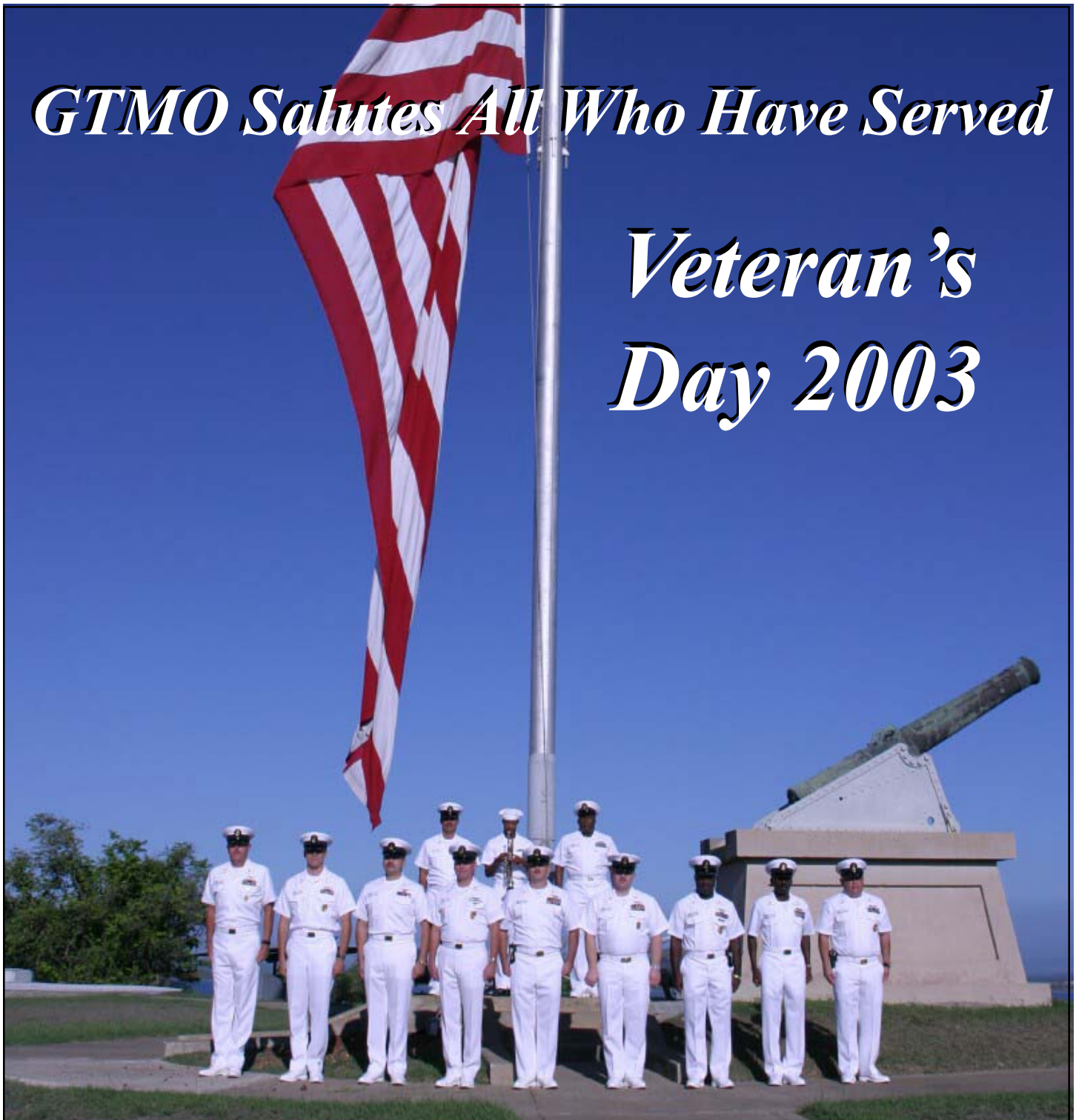




Vol. 60 No. 45

Friday, November 14, 2003

GTMO Salutes All Who Have Served Veteran's Day 2003



NEWS BRIEFS

Christmas Tree Lighting Program

The OCSC is sponsoring this year's annual Christmas Tree Lighting Ceremony on Nov. 28 at 6pm.

If you have a special talent and would like to perform at this year's event, or if you and your organization would like to help make this year's program a success, contact Tammy Record at 7056.

Attention Deficit Disorder Presentation

Need information about Attention Deficit Hyperactivity Disorder? The W.T. Sampson School is hosting the EDIS team for an ADHD presentation on Wednesday, Nov. 19 at 7pm. The meeting will be held in the elementary school gym.

LCN Payment Reminder

LCN is closed Thanksgiving Day. As a friendly reminder, we want to let our customers know that the last business day to pay your November phone and internet bill is Friday, Nov. 28 from 9am to 5pm.

Influenza Vaccine for Children

The American Academy of Pediatrics recommends that children age 6 months to 24 months and children with asthma receive the influenza vaccine each fall. Please help us try to prevent hospitalization and serious infections from influenza and IMMUNIZE!

Come to the immunization room at the Primary Care Clinic on any Monday, Wednesday or Friday from 8am-noon. POC is PO Benson at 7-2036.

OCSC Can Help Your Organization

The Officers and Civilians Spouses Club (OCSC) is accepting requests for financial assistance from community organizations.

Deadline for requests is January 15, 2004. Send written requests to: OCSC, ATTN: Community Support Committee, Box 161 or call Bobbi Johann, 4678 or Joyce Fricker, 5526.

Childbirth Education Class

A six session workshop is offered for expecting parents with due dates between now and the end of January 2004. Topics of discussion include stages of labor, comfort measures, labor medications, breastfeeding, postpartum and newborn Care. Sessions are at Naval Hospital in SEAT classroom on Nov. 24, 25 and Dec. 1 and 3 at 6:30pm. Call 7-2450 or 7595 to reserve your seat.

Base Insurance Office Moving

Effective Tues, Dec. 2, the Base Insurance Office will be operated by Ruth G. Unruh, and is located at Caravella Point, 5A (on hospital road). Hours of operation remain the same. For more information, call Ruth at 5579, after 5pm.

Adopt a Service Member for the Holidays

The base chapel is coordinating an Adopt-a-Service Member Program. Volunteers are being sought who would like to open their hearts and homes to single/unaccompanied service members for Thanksgiving and Christmas dinners.

For more information or if you want to adopt a service member for the holidays, contact the chaplain's office at 2323.



GTMO Christmas Ornaments

The PTO is selling Christmas Ornaments at the NEX Atrium from 9am to noon on Saturday, Nov. 15th. Christmas Ornaments are \$10. Also on sale, Botany CD's, \$10. **Holiday Specials! Ornament & Cookbook - \$15 Cookbook - \$8.** These two holiday specials are in effect through January 9th, 2004. **Ornament** stocks are limited, so be sure to get yours while you can. Once they're gone, they're gone!

Water Conservation Notice

Please do not disconnect, or tamper with, any of the newly installed low-flow water-saving devices, such as showerheads, aerators, and commodes, that have been installed in Naval Station facilities and housing units.

These devices have been installed in a base-wide water conservation effort to help reduce water consumption. Those who tamper with these devices could be held financially accountable for increased cost to the government. Do your part in helping our community conserve water.

**U.S. Naval Base
Guantanamo Bay, Cuba**

Gazette

Vol. 60 No. 45
Friday, November 14, 2003

Commander, Naval Base
CAPT Les McCoy

Chief Staff Officer
CDR Rick Holt

Command Master Chief
CMDCM(SS) Al Steiner

Public Affairs Officer
JOC Richard Evans

Gazette Editor
JO1 Amy Kirk

This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

Phone: 4502, Fax: 4819
E-mail: pao@usnbgmto.navy.mil
Gazette On-line:
www.nsgtmto.navy.mil

Congratulations to GTMO's Newest First, Second & Third Class Petty Officers

At a ceremony held in Bulkeley Hall Auditorium on Wednesday, NAVSTA Commanding Officer, Les McCoy had the honor of frocking over thirty deserving Sailors to their next highest rank

Petty Officer First Class

MA1 Carlos Bauza, PH1 Terry Matlock,
YN1 Shonda Carvin, MN1 Leonel Gonzales,
RP1 Julie Dennison, OS1 Jason Redcay



Petty Officer Second Class

MA2 James Carroll, PC2 Henry Charry, MA2 Timothy Jonczak,
MA2 Jeremy Snyder, MA2 Bobby Thomas, MA2 Joseph Yannello,
MA2 Mark Goltz, MA2 Christine Gosselin, AS2 Al Saldivar, PR2 Travis Thomas, YN2 Tawana Wynn,
OS2 Jason Spooner



Petty Officer Third Class

MA3 Andrew Cady, MA3 Micah Dailey, MAs Liam Doyle, MA3 Edith Fellows, EM3 Bryan Fleming. MA3 James Isabella, MA3 Richard Jennings, MA3 Jorge Landa, STG3 Arturo Malacara, MA3 Connie Marquez, MA3 Amanda Meyer, MA3 Samantha Nerad, MA3 Craig Palmer, STG3 Alan Percoski, MA3 Timothy Plemmons, MA3 Bryan Steck, YN3 Jaclyn Axel, GM3 Jonathan Davidson, GM3 Jordan Mehner, GM3 James Morreale, GM3 Matthew Watt



Veteran's Day Salute



More than a day off, members of the Naval Base CPO community gathered at McCalla Hill to start the day with a Colors Ceremony. The Chiefs gathered to pay tribute to the brave men and women who have served and continue to serve in the uniform on behalf of our nation.

Surviving the Holidays Without Debt

By: Paul Walker

Financial Educator, Fleet and Family Support Center

It's that time of year when stores display holiday decorations, increase inventory, and gear up for the onset of holiday shoppers. Online holiday shopping has become very popular as well, especially in remote areas such as GTMO. Holiday parties and travel to distant places add to the financial burden. Ideally, you've planned and budgeted for the holidays all year long. But for many of us, it's not until the decorations go up that we start thinking about how much we are going to spend and where the money will come from. Credit card balances skyrocket. Some delay paying bills for the month. The result? Seasonal expenses that strain our personal finances and create stress during what is supposed to be a joyful time of year.

The over commercialization of the holidays contributes to this problem. The media tries to 'guilt' us into believing we need the latest 'hot item' toy for our children or expensive gifts for our loved ones to show our affection. According to experts, many people overspend because they feel trapped by holiday traditions and expectations. Sometimes people need to break traditions and change expectations, especially when those traditions you debt-ridden in the New Year.

You can avoid this stress by following these tips on holiday money management from the Federal Consumer Information Center:

- ◆ Draw names. If your list of family and friends is long, suggest this approach to gift giving.
- ◆ Set a price limit for purchased gifts. Stay within a budget.
- ◆ Give a gift from one family to another family, rather than individual gifts for all.



- ◆ Pass on a family heirloom. These often are cherished forever.
- ◆ Take advantage of seasonal bargains.
- ◆ Consider giving priority to gifts that can't be bought- such as time or self-made items.
- ◆ Use credit wisely. Keep track of the total amount of credit used. It's best to stay within a budgeted amount that can be paid off before incurring finance charges.
- ◆ It's not too early to begin thinking about next year. Consider joining an interest-paying holiday savings club at your bank or credit union. Taking control of your holiday spending helps you avoid seasonal stress, allowing you to enjoy this time of year with family and friends.

For additional information or assistance give me a call at 4243.

Happy Birthday, USMC!

A special message from the Secretary of the Navy Gordon R. England

The Esprit de Corps of those who proudly claim the title, United States Marine, is universally respected and admired. There is something special about a Marine. It is an ethos and a calling, which set you apart from every other warrior. President Ronald Reagan understood this when he said, "Some people spend an entire lifetime wondering if they made a difference in the world. The Marines don't have this problem."

From the historic Halls of Montezuma, to the 21st century challenges on the shores of Africa, the Middle East and the Pacific Rim, Marines stand on the front lines of our nation's defense, valiantly bringing hope to the oppressed and justice to the enemies of freedom.

Whether fighting fiercely in combat or showing compassion to those who have suffered from natural disasters or the yoke of tyranny, you continue to show the unmatched bravery, courage and dedication of the Marine Corps to the world.

We see the greatness, vision and character of Marines leaders like Major Samuel Nichols, Puller, LeJeune and Vandegrift instilled in every Marine who wears the eagle, globe and anchor.

Near my office at the Pentagon, a corridor of paintings honors past Commandants and the great victories of the Corps. When I walk these halls, a 228-year legacy of service, of excellence, of heroism and of honor is recalled. Every Leatherneck, living or dead, watches with the greatest of pride as you carry this legacy of noble service



MCSF Co., Commanding Officer Maj. John Rochford II, cuts the birthday cake and offers a slice to NAVSTA Executive Officer, Cmdr. Ric Holt and the oldest and youngest Marine in the company.

forward into the 21st century.

I am proud to serve alongside you. May God bless you and your families, and may God continue to bless the United States of America. Semper Parati!

Navy Knowledge Online Does It Your Way

By JO2 Diane Jones

Naval Personnel Development Command Public Affairs

Navy Knowledge Online (NKO) delivers drive through service with little to no waiting for Sailors. Version 3 of NKO is here with even more Sailor-oriented, personalized options.

"Sailors want instant gratification, and the new NKO can give that," said Lt. Eric Morris, NKO program manager at Naval Personnel Development Command (NPDC).

Another benefit of version 3 is a privacy feature not available on the previous version.

"In version 3, Sailors can set up private discussion boards to discuss subjects pertinent to their professional communities," said Chris Piereman, member of the NKO Operations Support team. For example, if the Aerographers wanted to put out information that only related to their community, they could create a discussion board for only Aerographers.

Version 3 is also offering a "Low-Bandwidth" option for easier accessibility.

NKO is the "one-stop shop" portal that all Sailors can use to find information concerning them and their jobs.

"This portal provides access to Navy information and more," said Piereman. "NKO is the doorway for Sailors to excel not only in their professional lives, but in their personal lives, as well."

NKO is the doorway to "My Health," "My Education," and "My Finance." These pages include just about everything a Sailor would want to access – including information for physical readiness assessment, the Navy's e-learning program, transcripts and the Morningstar program.

Morningstar is a financial program in place to offer financial information and advice to Sailors, free of charge. Morningstar allows Sailor to educate themselves on buying and investing in stocks, IRAs, mutual funds and more.

Gale's Web site is another service now available. A reference library, Gale's is an online reference tool that gives Sailors unprecedented educational resources. For Sailors working on a college degree, Gale's is like having your own personal college library.

"These are new services, and they are available right now," said Piereman. "We're always looking for feedback from the Sailors on how to improve NKO services."

Every section on NKO has a community manager who responds to Sailors' comments and suggestions.

"If a Sailor wants something else or would like to have something put on that page, just click on the community manager link, and it automatically sets up an 'e-mail.' Send in your comments, both good and bad and help us to make NKO your homepage," said Morris.

Let NPDC know how to "have it your way." Visit www.nko.navy.mil to find out more.



COLUMBIA COLLEGE News & Notes

Bring Your Children to the Craft Fair!

**Make-and-Take
Beaded Holiday
Ornaments at the
Dec 6th Craft Fair
\$5/half hour**

Sponsored by the
Daisy Girl Scout's

POC Tonja Campbell 4527/7328 or
Meredith Sciacca 7314

Quilting Bee Meeting

Attention all crafters! The
Quilting-bee would like to invite
you to the Nov 20 meeting at the
Community Center, 6pm.

This a chance to finish up crafts
for the December 6th Craft Fair
and meet other area crafters.

FMI, call Tonja Campbell at
7328/4527.

Scrapbookers

Learn how to make a mosaic page from Esther
Sanchez on Saturday, Nov. 15th, from 11 am
-5pm at the Community Center. Cost is \$5.00.
Bring your album, scrap pieces of paper,
adhesive, scissors and a drink.

OR

If you would rather, you are welcome to come
and work on your own scrapbooking on your
own during this time, too. Please call Shawna
at 7741 so we can get a head count to make sure
we have enough supplies.

◆ Attention all potential instructors: Columbia College needs your help! If you have a master's degree, or terminal degree of any kind, please contact Ellen Soucy at x9460 or via email at epsoucy@ccis.edu to discuss teaching opportunities. Session III/03-04 courses commence on Monday, January 19, 2004.

◆ Ellen Soucy, director, Columbia College will answer questions on "Open Line" along with CAPT McCoy on Tuesday, November 18, 2003. If you have any questions, do not hesitate to ask. Classes commence on Monday, January 19, 2003. A limited course schedule will be available within the next two weeks. FMI, call x9460 or x5555.

◆ Do you work shifts? If so, consider taking courses with Columbia College's "Online Campus." Session III/03-04 online courses commence on Monday, January 12, 2004. To register, contact Ellen Soucy at 9460 or 5555.

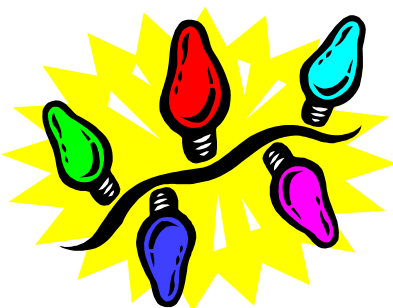
◆ Columbia College is pleased to announce the selection of Tammy Record as administrative assistant. Tammy is available to assist you with your educational needs. Our hours of operation are Monday-Friday, from 10 a.m. to 6 p.m. Columbia College's office is located on Chapel Hill in the Navy College Office. FMI, contact Ellen Soucy or Tammy Record at 5555.

◆ This GTMO rumor is true! All Columbia College students will order their own textbooks from MBS Direct in Columbia, Missouri. You may check out MBS Direct by going to their website, as follows: <http://direct.mbsbooks.com/columbia.htm>. As soon as you select your course(s) for Session III/03-04, stop by the Columbia College Office on Chapel Hill to order your textbook(s).

◆ Columbia College is committed to excellence in higher education! All students interested in having their military transcripts and other college transcripts evaluated, should send for official (sealed) copies of their transcripts, ASAP. Send to: Columbia College, PSC 1005 Box 422, FPO AE 09593, ATTN: Ellen Soucy, Director.

◆ If you would like to be on Columbia College's mailing list, please send your local mailing address and email address to us at epsoucy@ccis.edu. Alumni magazines are produced quarterly and offer both students and instructors current information about the home campus, as well as articles of interest on various topics that are in the media today.

◆ Columbia College is officially open for business! If you would like to make an appointment to review your transcripts and military training for college credit, please schedule an appointment by calling 9460 or 5555.



2003 Electric Light Holiday Parade

Dress up your floats as we kick off the holiday season with the annual Electric Light Parade. Commands, groups, clubs & individuals are encouraged to showoff their creativity & holiday spirit. The entire community is invited to come watch this festive occasion. The parade is Nov. 29th starting at 6pm at the LCN parking lot to the Downtown Lyceum. FMI or to enter your float, call 2345.

Survey Assesses Military Spouses' Perceptions of Navy MWR Programs

By Ingrid Mueller

Navy MWR Communications Group

Results from the first Navy-wide Morale, Welfare and Recreation (MWR) Spouse Survey are in, and more than 80 percent of respondents indicated that Navy MWR programs improve their quality of life. About 70 percent of spouses indicated that they are satisfied with Navy MWR facilities and services, and nearly one-third of them reported that MWR programs and services increased the desire of their Sailors to stay Navy.

In addition, 90 percent of those surveyed said they would continue to use MWR programs, and 80 percent said they would recommend MWR facilities and services to others. The following MWR programs were rated by 70 percent or more of the respondents as being most important: Information, Tickets and Travel (85 percent); Fitness Centers (83 percent); Outdoor Recreation Areas (75 percent); On Base Free Movies (73 percent); Recreation Swimming Pools (72 percent); Youth Recreation Programs (72 percent); and Special Events (70 percent).

"The 2002 Navy MWR Spouse Survey was designed to assess spouses' perceptions of MWR program importance, use, quality and satisfaction, and to obtain their views about MWR

contributions to key military outcomes, such as retention and personal readiness," according to Capt. Kevin McNamara, director, Navy MWR Division (PERS-65). "The results will be used to help shape future Navy MWR programs and services."

Surveys were mailed in December 2002 to 11,000 randomly selected Navy spouses. The response rate was 27.3 percent. Respondents included about equal numbers of spouses of officer and enlisted personnel; 75 percent were currently living off base and 25 percent on base; 91 percent were attached to CONUS [continental United States] commands and 8 percent to OCONUS [outside continental United States] commands; 58 percent were female and 42 percent were male.

The survey completed a three-year cycle that began with the 2000 MWR Customer Satisfaction Survey and the 2001 Navy MWR Leadership Survey. Overall, Navy spouse satisfaction with MWR was about the same as reported by Sailors in 2000 and about 10 percentage points lower than Navy leaders surveyed in 2001. The survey was commissioned by PERS-65 and conducted by the Navy Personnel Research, Studies and Technology Department, Navy Personnel Command.

Full results of the 2002 Navy MWR Spouse Survey are available on the Navy MWR web site at www.mwr.navy.mil.

THANK YOU

The WT Sampson High School Cheerleaders would like to thank the following sponsors that made our dream of attending cheer camp a reality. We appreciate the generosity of all of you.



The Degroff Family
Mr. & Mrs. Andrew Smith
Ms. April Schecterley
The Lowe Family
Ms. Carolyn Baker
The Johann Family
Lisa Hesmondhalgh

The Morris Family
Mrs. Tina Lara
The King Family
Mr. John Rothford
WIT Associates
Kvaerner
JTF GTMO

Chief Petty Officers Association
WTS High School Booster Club
Operations Maintenance Division

Holiday Tour of Homes



Get Tickets to the HSO
Holiday Tour of Homes

Saturday, November 15 at the
NEX Atrium from 9am to 1pm.

FMI, contact, Cheryl at 7338
or Shawna at 7741.

New Balance 5K Fun Run Winners



Female Winners

Overall Female Winner - Amy Ruggero

7 - 12	20-29
1 - Jasellyn Martinez	1 - Amy Ruggero
2 - Ashley Smith	2 - Christina Kowalski
3 - Christina Rodriguez	3 - Cheryl Kingham
13-16	30-39
1 - Zyleyka Gonzalez	1 - Cheryl Hairston
2 - Lisa Nieves	2 - Betty Anderson
3 - Ashley Nieves	3 - Melissa Belleman
17-19	40-49
1 - Jennifer Lotus	1 - Lee Arnold
2 - Sara Divilbiss	2 - Jean Mendenhall
3 - Kim Ashberry	3 - Lu Charboneau
50+	
Donna Carter	

Male Winners

Overall Male Winner - Todd Collins

7-12	30 - 39
1 - Martin Nabours	1 - Sean Lewis
2 - Wesley Belleman	2 - Jose Santiago
3 - Freddy Schmitz	3 - John Drohan
13-16	40 - 49
1 - Joshua Nabours	1 - Steve Westphal
2 - Antonio Malone	2 - Joseph Torras
	3 - Dale Carty
17-19	50+
1 - Michael Taylor	1 - Mitch LeClaire
20 - 29	2 - Rodolfo Balbin
1 - Todd Collins	3 - Greg Thompson
2 - Aubre Solomon	
3 - Doug Patrick	

Great American Smokeout - It's a Great Time to Quit

By Brian Badura

Bureau of Medicine & Surgery Public Affairs

Every year, the American Cancer Society (ACS) helps tobacco users to quit. This year's Smokeout is Nov. 20.

"The Smokeout is a great opportunity to quit, because it offers a chance to do it with some support, which can be very important in the first days after giving up tobacco," according to Dr. Mark Long, program manager for Tobacco Cessation at Navy Environmental Health Center in Norfolk, Va.

Quitting tobacco is hard because it contains nicotine. Nicotine is highly addictive and produces pleasurable feelings that make the tobacco user want more. Over time, the user's body develops a tolerance to nicotine, which leads to increased tobacco use to maintain nicotine levels.

Smokeless tobacco delivers a higher dose of nicotine than cigarettes, making it difficult for users to quit. According to the ACS, the average dose of nicotine for snuff is 3.6 mg, chewing tobacco is 4.6 mg and cigarettes is 1.8 mg.

Many people already know cigarette smoking can cause lung cancer. But many don't realize smoking also increases risk for cancer of the mouth, larynx, bladder, pancreas and stomach. Smoking also causes respiratory diseases, such as emphysema and chronic bronchitis for up to 20 percent of smokers, according to the ACS.

Smokeless tobacco users expose themselves to many health risks, as well. Gum recession and bone loss around the teeth may result from smokeless tobacco use. Cancer of the mouth and pharynx can occur with prolonged use. The ACS reports nearly 75 percent of daily users of smokeless tobacco had oral non-cancerous or pre-cancerous lesions.

There are many ways to quit. Some people prefer to go it alone by quitting "cold turkey" or using nicotine replacement products, such as gum and patches.

"There is also a lot of information available on quitting through tobacco cessation groups at military treatment facilities and also on the Web," said Long.

For more information about quitting tobacco, visit the ACS Web site at www.cancer.org or the NEHC Web site at www.nehc.med.navy.mil/hp/tobacco/index.htm.

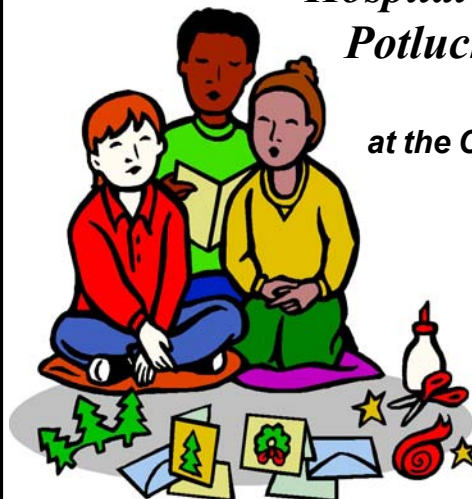
Hospital Spouses' Organization Potluck & Christmas Cards

**Monday Nov. 17th
at the Community Center, 7-9pm**

**Bring a dish to share and
Christmas cards.**

**Or bring a box of cards to
donate and you can help
the HSO prepare the cards
for Hospital Staff.**

**FMI contact Toni Anderson
at 7959.**



Building A Bridge Between Community, School, and Parents

A new "bridge" went under construction this year in Guantanamo Bay, Cuba. It is a bridge joining community, school and parents. The construction of this bridge started with an idea from Mrs. Jen Bunyan, Communication-Impaired Specialist at W. T. Sampson Elementary School.

Bunyan had brainstormed with administrators, specialists and parents about getting one of the students out into the community to work on life and vocational skills.

The student is fourth grader, Kelsey Hendl. Kelsey has an intellectual deficit that impedes her ability to communicate wants and needs. Kelsey's parents, Karla and Kenny, were all for a way to involve Kelsey in the community. They are very supportive and worked together with the school to help their daughter succeed.

In an effort to help Kelsey to eliminate this deficiency Mrs.

Bunyan contacted the Naval Hospital's pediatrician, Dr. Alden, who contacted Lt. Arlinghaus, the dietician. Together they set up an environment to enable Kelsey to work on her needed communication skills at the hospital galley.

In September, Kelsey began going to the Galley every other Wednesday. She helps set tables, stock napkins, and cleans the eating area. Kelsey enjoys greeting the other workers, like Mr. David and Mr. Rusty. She smiles so big as she puts on the work hat that Mr. Rusty gave her on the first visit. You can see the excitement in her eyes when Wednesday rolls around. She rides with Mrs. Bunyan in her green car to the Galley with a smile spread from ear to ear.

On alternating Wednesday's Kelsey visits the commissary to plan her diet, work on nutrition, and buy items for the lunch she will prepare that day. Kelsey goes with her paraprofessional aide Margaret Duchock. They ride in Mrs. Duchock's red car. Again the excitement is seen in Kelsey's eyes when she grabs Mrs. Duchock hand and exclaims, 'Go red car!' At the commissary, she works on picking out nutritious foods for her lunch. She has a list that her mother often adds to so that Kelsey can get the hang of buying things for home. As she collects items she checks them off her list. At the checkout she greets the cashier and counts out her dollars one by one. The men and women at the commissary have been wonderful in helping Kelsey. They all smile, greet her, and tell her thank you when she completes her shopping.

The bridge is now complete; it joins the elementary school to the hospital and to the commissary, but most importantly it leads Kelsey down the road to success! Thank you Guantanamo Bay, what a great place to live!



Kelsey lends a hand every Wednesday in the hospital galley, setting tables, cleaning and restocking supplies

Worship Services

Catholic Mass	
(Main Chapel) Monday - Friday	
Daily Mass (Cobre Chapel)	1130
Friday	
Holy Hour/Rosary (Cobre Chapel)	1700
Saturday	
Reconciliation	1630
Eucharist/Mass	1730
Sunday	
Eucharist/Mass	0900
La Santa Misa (Spanish)	1015
Eucharistic Adoration (Cobre Chapel) Daily	24hrs

Protestant Services	
Sunday	
Sunday School	0930
Services - Main Chapel	1100
Children's Sunday School	1130

New Life	
(Main Chapel) Sunday	
Worship Service	1245

Church of Jesus Christ of Latter Day Saints	
(Sanctuary A)	
Sunday	
Sunday Sacrament	0900
Monday	
Families Home Evening	1800
Wednesday	
Ladies Relief Society	1900
Thursday	
Young Women	1900

Jewish	
(Fellowship Hall)	
Every Friday	2000

Filipino Bible Fellowship	
(Sanctuary A) Sunday	
Worship	1800

Iglesia Ni Cristo	
(Sanctuary B) Sunday	
Worship	2000

Pentecostal Gospel Temple	
(Sanctuary C) Sunday	
Worship	0800 & 1700

Seventh Day Adventist	
(Sanctuary B) Saturday	
Divine Service	1100

Islamic Service	
(Classroom 18) Friday	
Worship	1300

United Jamacian Fellowship	
(BLDG. 1036 - Next to Phoenix Cable)	
Sunday Service	1100 & 1830

Camp America Chapel	
Sunday	
Praise & Worship	0900
Bus Transportation available at 8am, Windward Loop and 8:15am, TK.	

For information about Sunday School, Education Programs, Bible Study, Prayer Groups, etc. Call the Chaplain's Office at 2323.

School Lunch Menu

Nov. 17 - 21

- MONDAY -

Cheese Pizza,
Green Beans,
Carrot Sticks, Sliced
Pineapple, Milk

- TUESDAY -

Beef Ravioli,
Tossed Salad,
Toasted Bread,
Sliced Peaches,
Milk

- WEDNESDAY -

Baked Chicken,
Vegetable Rice,
Peas & Carrots,
Orabge Wedges,
Milk

- THURSDAY -

Grilled Ham & Cheese
on Wheat, Tater Tots,
Apples Wedges,
Milk

- FRIDAY -

Chicken Taco,
Lettuce, Tomato,
Cheese, Vegetable
Rice, Seedless
Grapes, Milk

Booster Club Car Wash

Saturday, Nov. 15th
at the NEX from 9am to 1pm
Come show your support and
get a clean car!

Community Library Book Club

Have you been a member of a book club and miss the stimulation and discussion? Wish we had one here, or always wanted to join one?

The Community Library is hosting a planning meeting Nov. 18th at 7pm at the Community Center. Bring your interest, enthusiasm and book title suggestions. FMI, call Maxine Becker, Community Librarian, at 4700 or email beckerma@usnbgtno.navy.mil.



You can drop off non-perishable food items for the *Holiday Food Drive* at the Bulkeley Hall Quarterdeck, the Hospital Quarterdeck or the NEX Atrium on Nov. 15th.

Force Protection

Always use peep-holes to identify everyone who comes to your door. All front doors to quarters here at GTMO have these safety devices installed.

Energy Conservation

Get into the habit of turning off the lights when you leave a room.

Water Conservation

Nov 3 - 9

Used 6,761,000.0
Daily avg. 965,857.1
Daily goal 1,000,000 gal

We were **\$4,541** under budget for the week.

GTMO SHOPPER

FOR SALE

(1) Paddle Boat, good condition. Asking \$100 OBO. Call Karen 7534.

(1) Items for sale: Kirby Steamer/Vacuum w/attachments and extra bags, \$125; Bench, \$5; Picnic Table \$5; various Ford Tempo engine parts (call for details); Outdoor lounge chair w/cushion, \$5; various DVD's (call for titles), \$10; historical GTMO photo CD, \$5. Call 7337 AWH.

(1) Pro-form 725 FP Treadmill - many features, like new. Asking \$450. FMI, call 7507 after 6pm.

(1) Computer - AMD Athlon XP 1600+ Processor, CDRW Drive, Microsoft XP Home Edition, Adobe Photoshop and Illustrator installed, mouse, keyboard - no monitor. Call 4734 (DWH) or 7702 (AWH).

(1) KHS Mountain Bike, dual suspension, shimano components, \$150. Call Gus (w) 3682 or (h) 8668.

(1) Desktop Computer - Dell GXa Pentium II - CD-ROM, monitor, keyboard, mouse, Microsoft Office, Word, Excel, Powerpoint, more - \$300. FMI, call Cesar (AWH) 7724 or (DWH) 2907

(1) Desktop Computer - Dell GX1 Pentium III - CD-ROM, monitor, keyboard, mouse, Microsoft Office, Word, Excel, Powerpoint, games, lots of MP3 songs, more - \$350. FMI, call Cesar (AWH) 7724 or (DWH) 2907

(2) L-Shaped Computer Desk, O'Sullivan, medium brown (not quite cherry wood color), 3 drawers/2 split shelves (4 storage slots). 7 months old. Asking \$175. Call 7337 AWH, 4320 DWH.

(2) Home Gym for sale - Weider 8920. Completely assembled! Purchased from NEX 1 month ago. Sale includes home gym + curling bar, dumbbells, weights and weight tree. New condition, used once. Call 7337 AWH, 2389 DWH.

(2) Ashley Furniture Loveseat. Less than one year old. Excellent condition. Sells at NEX Furniture Store for \$420.00. Yours for \$200.00 firm. Call 7633 or 5517.

(2) Formal length teal girl's gowns with matching pumps. Only worn once. \$30 each set. Call 7633.

(2) Items for sale: large oak-colored entertainment center, \$45; Large BC, \$40, Had PM done 3 months ago; Weight Belt, great condition, \$10; Dive Knife, \$20. FMI, call 7111 or 8-4040.

(2) Indoor/Outdoor plants. FMI, call 3243.

(3) Paintball marker. Brand new 68 automag right out of the box. \$325 or best offer. Call 7797 and ask for Ray.

(3) Salt Water Aquarium - 58 gallon custom

glass Oceanic tank, stand, lights, hood, wet-dry filter system, pumps, test kits, instant ocean "sea salt", books, and lots of accessories. Excellent Condition. \$400. Call (H) 5725, (W) 4588.

(3) Weider 8525 home gym. Includes six stations, reinforced steel frame and cable resistance weight stack, high pulley and low pulley work chest, lats, back, rowing & hip extensions, leg developer station. Less than 1 year old. \$125. Call 5517.

VEHICLES/BOATS

(1) 1985 Chevy Sprint - available immediately, reliable GTM transportation - good gas mileage, \$800. Call 7852, lv. msg.

(1) 1989 Dodge Grand Caravan, runs great, new tires, recharged AC. 2nd owner of vehicle. \$2200 OBO Call HM1 Bagley 72690 or 5520 (AWH)

(1) '87 Ford Tempo. Std. Runs great. AM/FM/CD. Interior well kept. Asking \$1,800 OBO. Avail Dec 9. Call 4230/2389 DWH or 7337 AWH.

(2) 1994 Pontiac Sunbird, only 62,000 miles, body and motor in great shape - \$1,900. Call (w) 3187 or (h) 8648.

(2) 2 Waverunners: 1997 SeaDoo GTX three seater, and a 1997 Polaris SL1050. Look brand new and run great. Come with covers, 4 life jackets, double trailer with heavy duty tool box. New batteries w/ approx. 160 hours on each engine. Have original titles. \$7,200. Call/lv msg., 7511.

(2) 1985 Dodge Diplomat, 4dr, good condition, low miles - asking \$1,700. Call 8091.

(3) 2001 Honda Shadow VLX (600CC). Low mileage. Asking \$5,500. Includes 2 helmets. AWH call 5526.

(3) Gas powered scooter, electric starter, battery charger, head light and tail lights, mirrors, seat. Folds and stores - \$250. Call Clifton w/4085 h/7455

EMPLOYMENT

The Navy Exchange is looking for applicants to fill a Supervisory Sales Clerk position. If you would like to apply, please pick up your application on the second floor of The Navy Exchange, or call Mary Beth at 4119 FMI.

The following are job vacancies currently open through the Human Resources Office.

Vacancies:

Relocation Assistance Counselor - closes 11/14/03

Medical Clerk - closes 11/14/03

Open Continuous Vacancies

Welcome Aboard! It's A Boy!

Chase Wesley
Edwards

Born November 3, 2003

9 lbs 7oz; 21 1/2"

to Michelle and Nolan Edwards



Baby Shower!

for Julit and Ric Sullivan - Nov. 16th, 1 to 6pm at the Community Center. Bring your favorite dessert!

For more information, call Yvonne at 2004.

Practical Nurse, 1st cutoff 9/3/03, closes 8/20/04

Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees. For more information contact the Human Resources Office at 4441.

SERVICES

Will do light housework and ironing. Call 43 for more information.

WANTED

Cardplayer - Looking for a Bridge game. I'll join your foursome, or we can start our own. Call Ed at (h)8190 or (w)5492.

FEMALE VOCALIST - GTMO's Least Worst Band seeks a female vocalist who can sing a variety of musical styles. FMI, call Mike, 7111, or Ed, 7130.

Trumpet to purchase. Call 5073 (DWH) and ask for SGT Lewis, or 8016 (AWH).

ANNOUNCEMENTS

PTO Meeting - Tuesday, November 18th, at the Elementary School in Room A9. Childcare provided by PTO free of charge

LOST & FOUND

LOST - Lost #2 Gallaway putter around hole 5 at the golf course. Lost Oct. 30. Call Jay Wojcik, (H) 7126 or (W) 4847.

LOST - Minolta camera at Iguana Terrace

on Friday, 10/17, at childrens' soccer game. Please call Cheryl at #7338.

LOST - Silver Cross necklace w/6 small diamonds. Lost in hospital area or Dock of the Bay. Very sentimental. Call Pat at 7683 or 7-2624.

YARD SALES

Saturday, Nov. 15 at Center Bargo 1209, starting at 7am. Bunkbeds, Dining Table, Dressers, Gas Grill, Lawn Mower, Trampoline, Swing Set, Aquarium, Kids Clothes and more! No early birds!

NH-33B, starting at 8am. Something for everyone, new and old. No early birds!

Saturday, Nov. 15 at CC22C starting at 8AM. Computer parts, craft supplies, clothing and much much more.

Saturday, Nov. 15 at Villamar 29A, 0800 - 1200 - Clothing, Adults and children. Some Household items and odds and ends.

Sunday, Nov. 16 at PP-15. 7-10 am - adult female/male clothing, kitchen/garage items. All must go good prices.

Sunday, Nov. 16 - CB1185, 7am to noon - household items, clothing. Selling everything quick, cheap! No early birds!

PERSONALS

To my wife of 15 years thanks for being such a "Great" mom to our children, my "Best" friend and most of all just being "You". Happy Anniversary!! Loving You Always! Art

CABIN FEVER

Suspense/Horror

1hr 34min

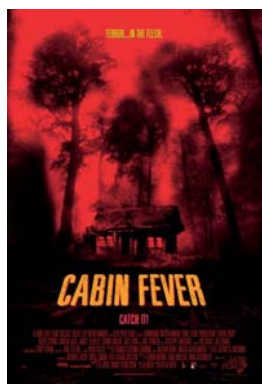
Starring:

Jordan Ladd

James DeBello

Rider Strong

A group of college grads escape to a remote cabin in the woods. Merriment and good times sour when a delirious stranger covered in bloody sores crashes their party. Shots are fired and the lunatic flees into the woods, but it's too late-contact was already made. Soon one of them gets ill. To protect themselves, they isolate her... then the fear of contagion sets in and they turn on one another.



BROTHER BEAR

Animation/Family

1hr 20min

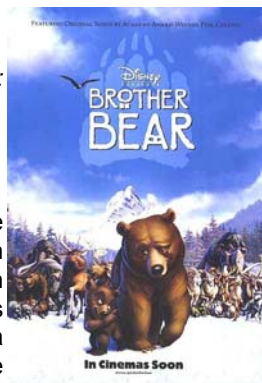
Starring the voices of:

Joaquin Phoenix,

Rick Moranis,

Jeremy Suarez

A story of a boy whose life takes an unexpected turn when the Great Spirits transform him into a bear-the creature he hates the most. Befriended by a bear cub, he sets out to regain his human form while his brother (who doesn't realize he is a bear) pursues him on a mission of revenge and family honor.



ONCE UPON A TIME IN MEXICO

Action Adventure

1hr 37min

Starring:

Antonio Banderas,

Salma Hayek,

Johnny Depp,

In this final installment of the Mariachi/Desperado trilogy, the saga continues as El Mariachi makes his way across a rugged landscape on the blood trail of a cartel kingpin who is planning a coup d'etat against the president of Mexico. Enlisted by a corrupt CIA agent, El Mariachi demands retribution and the adventure begins against a backdrop of revolution, greed and revenge.



Movies

FRIDAY, Nov 14

8pm Secondhand Lions

PG 107min

10pm Intolerable Cruelty

PG13 95min

SATURDAY, Nov 15

8pm Brother Bear

G 80min

10pm Once Upon A Time

In Mexico

R 97min

SUNDAY, Nov 16

8pm Cabin Fever

R 94min

MONDAY, Nov 17

8pm Secondhand Lions

PG 107min

TUESDAY, Nov 18

8pm Once Upon A Time

In Mexico

R 97min

WEDNESDAY, Nov 19

8pm Matchstick Men

PG13 120min

THURSDAY, Nov 20

8pm Runaway Jury

PG13 128min



Captain's Cup F.A.S.E. Challenge

Fitness, Athletics, Strength, and Endurance Challenge

November 14th

Entry deadline November 12th at 6pm at the Base Gym

Must have four on each team

No entry fee

FMI call 2193

GTMO Xtreme Adventure Race

November 22

Start time 6am at the Sailing Center

Mountain Bike, Kayaking,

Cross-country run

4-person Co-ed teams

FMI call 2345

MWR Turkey Shoot

November 22

6pm at the Bowling Center

Bowl 3 Strikes in a row

Cost \$7

FMI Call 2118

2003 Electric Light Holiday Parade

November 29

Parade route is along Sherman Avenue from LCN parking lot to the Downtown Lyceum. Enter your float by calling 2345.

Parent's Night Out

Nov 15th 6:30pm to Midnight

A reservation fee of \$2.50 is due by Nov 12th to hold a spot for your child(ren). An additional fee of \$1.50 is due for each additional child. The reservation fee is non-refundable.

One hour-\$2.50, two hours-\$5.00 and three or more hours-\$12.00

FMI Call 36648

For more information on any of the events listed above, call 5225.